Unit Prevention Plan
Enabling Learning Objectives

1. **State the components of a Unit Prevention Plan.**

2. **Select from a list items that should be included in your prevention plan.**

Unit Prevention Plan

- In order to prevent and/or reduce the problems associated with drug and alcohol abuse, your unit must have a prevention plan.
- The Unit Prevention Plan (UPP) is a well-written, comprehensive document that will address substance abuse issues in your unit.
- Given that time is a restricting factor in your duties as a UPL, it is important to remember the following when working with your installation ASAP staff to create the prevention plan:

Unit Prevention Plan

- There is no single effective approach to prevent substance abuse.
- Those who are directly involved with prevention efforts should be included in developing the prevention strategy (i.e. the commander, the UPL (you) and the ASAP staff).
- Unit prevention programs should be part of a larger effort to create a healthier installation community (the Installation Prevention Plan).

Unit Prevention Plan Guidelines

In order to make the most of your time with prevention efforts, it will be helpful to adhere to the following three guidelines:

1. Coordinate and talk with your installation ASAP staff members for information and ideas for training about substance abuse. Your installation ASAP office should have some of the following resources available to assist you with your unit prevention efforts:

Unit Prevention Plan Guidelines

- Multimedia prevention and education products such as videotapes, audiotapes and CD-ROMS.
- Prevention services to assist with early identification and referral of Soldiers before their military careers are in jeopardy.
- Social marketing giveaways that educate and inform Soldiers about problem issues and programs available to address their needs (such as posters, flyers, buttons, pens, etc.).

Unit Prevention Plan Guidelines

2. **Increase knowledge and raise awareness.**

- **You will want to keep Soldiers informed about substance abuse related issues through various means, such as the unit bulletin board, newsletters, email messages, and referring Soldiers to various materials and resources available to them.**
- **You may also want to participate in national campaigns such as Red Ribbon Week or 3D Month in order to increase awareness and have access to various substance abuse prevention materials.**

Unit Prevention Plan Guidelines

3. Assist in building social/life skills through training and education. This training can address areas such as avoiding negative peer influence, DUI education and decision making.

Remember, a plan is merely a technique used to obtain a positive outcome or situation. Effective prevention planning requires creativity, organization and installation wide commitment and support

How to Write Your UPP

- The UPP will be part of your Unit Substance Abuse Program SOP. Your plan should address the following issues:
  - The minimum amount of training on substance abuse that will be provided to all Soldiers in the unit with available resources and SMEs; (The DA requirement is 4 hours) Universal Prevention.
  - Unit Bulletin Board requirements, such as location and frequency of update.

UPP Issues

- Your plan should address the following issues (cont):
  - Frequency that the UPL will check with the ASAP to obtain new information and/or pamphlets on substance abuse issues and drug and alcohol free activities.
  - The Risk Reduction Program, if used by your installation and unit, or how the commander identifies potential and real substance abuse trends.

UPP Issues

- Your plan should address the following issues (cont):
  - How the commander identifies high risk populations within the unit for additional training; Selective Prevention.
  - Minimum unit urinalysis collection requirements.
  - Minimum unit rehabilitation testing requirements and procedures; Indicated Prevention
  - How the unit will support the local ASAP during prevention campaigns etc.

UPP Issues

- Your plan should address the following issues (cont):
  - De-glamorization of alcohol and/or alcohol alternatives at unit events.
  - The UPP must include all MACOM and installation substance abuse requirements.

USAP SOP with UPP

Course Required Homework

To fulfill the USAP SOP requirement, you must present a copy of your USAP SOP (signed by your commander) to the ASAP.

This is the reminder of the requirement discussed in Track 3, when the USAP was discussed.